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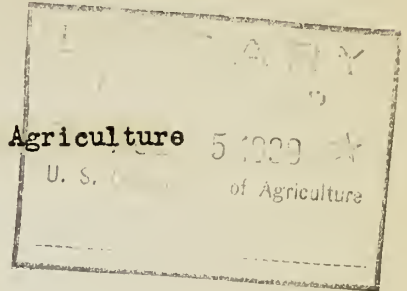
INFORMATION FOR THE PRESS

United States Department of Agriculture

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RELEASE FOR PUBLICATION :
August 2, 1939 :
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WASHINGTON, D. C.

THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture



TOMATO ENJOYS DIETETIC PRESTIGE

A Cinderella among vegetables a century ago -- now one of the most important of the truck crops grown in the United States. That is the success story of the tomato.

There are several good reasons that the tomato enjoys dietetic prestige today. One is that it passes all taste tests with its matchless flavor. It scores again on food value, because it is an inexpensive source of necessary vitamin C. And it has eye appeal with the bright "tomato red" of its coloring. In fact, so eye appealing was it to some 17th century Englishmen that they grew the tomato purely for its ornamental value.

Originally, the tomato came from tropical America. Since then it has knocked about considerably. To gain recognition as a food, it had to go to Europe. In 1893, it appeared before the Supreme Court of the United States. On that occasion, the highest court of the land handed down the decision, in connection with a tariff problem, that tomatoes -- while they are fruit botanically speaking -- are vegetables in the language of common usage.

However, a tomato by any classification is valuable in the diet. It almost runs the gamut of the vitamin alphabet. According to the nutritionists, one

medium-sized ripe, red tomato will furnish about half of a day's requirement for ascorbic acid or vitamin C -- and about one-fifth of the vitamin A needs for a day. In addition, it will contribute some vitamin B₁, vitamin G, and the pellagra preventive vitamin.

Although tomatoes are in season the year round nowadays -- the lowest prices and most plentiful supplies come from June through September. And it's in August and September, when home-grown supplies are largest, that homemakers put them up in sundry forms for use later on.

Reassuring to those who can tomatoes at home should be the results of an experiment completed recently in laboratories of the Bureau of Home Economics. They found that tomatoes put up by recommended home canning methods -- even though they lost some of their vitamin C in storage after canning -- still rated as a good source of that vitamin.

Tomatoes are easier to can at home than most vegetables because, unlike most vegetables, they are acid foods. For that reason they need not be processed in a steam pressure canner. Processing them in a water bath for a reasonable length of time will kill any dangerous or trouble-making bacteria that happen to be present.

Firm, ripe tomatoes, medium in size, and free from decay are the canning ideal. Pack them either hot or cold in glass jars or tin cans. Tomatoes packed hot will need considerably shorter processing than those packed raw.

In either case, skin the tomatoes first. An easy way to do this is to put them in a tray or wire basket, dip this in boiling water for about a minute, then plunge it into cold water. Drain -- peel -- and core the tomatoes immediately. Pack them "as is" closely as possible into containers, add 1 teaspoon salt for every quart, fill the can or jar with tomato juice, then process. Or, cut the tomatoes in quarters, heat them to boiling, and pack hot using the same amount of salt, then process.

Any woman who puts up part of canning; tomatoes as juice will be congratulating herself next winter. Tomato juice is a refreshing, nutritious appetizer. In fact, one cup of it fairly thick with pulp, will furnish all the day's requirement for vitamin C.

Tomatoes as juice are in the most convenient form for making aspics -- as well as many other tomato-flavored dishes. And put up without any salt -- it will fit into diets of infants.

As short a time as possible from the vine to the container -- that's an important rule for tomato juice. So work with only 1 to 2 gallons at a time -- and do not let the tomatoes stand around between operations. After a preliminary washing and trimming -- cut the tomatoes into small pieces. Simmer the tomato pieces until they soften.

Then put these at once through a fine sieve -- a cone or a bowl-shaped sieve is best to get as little air as possible into the pulp. Reheat the juice at once -- just to boiling. Then pour it into sterilized jars -- add 1/2 to 1 teaspoon of salt to a quart if desired -- seal immediately. The juice in the glass jars will need no processing. Or, pour the hot juice into tin cans, seal immediately, and process for 5 minutes in a boiling-water bath. Do not leave head space in either jar or can.

Another important point in tomato canning success is using the right kind of utensils. To keep the natural tomato color and flavor in juice -- use knives of stainless steel and avoid kettles of copper, brass, or iron. And of course, never cook or even let cut tomatoes stand around in galvanized iron utensils. They'll take up zinc from the pan and become poisonous.

Those who buy commercially canned tomato products will -- after January 1, 1940 -- have Federal standards to help them. On that date, standards of quality and fill of container will go into effect for all canned tomatoes, tomato puree, and tomato paste that enters into interstate commerce. These standards recently were established by the Secretary of Agriculture by authority of the Food, Drug, and Cosmetic Act of 1938.

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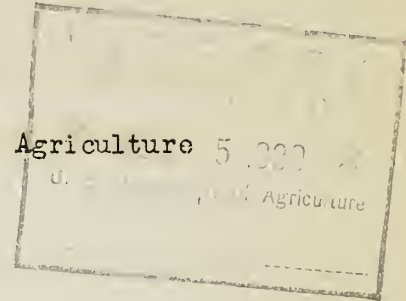
WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture 5.222

GOOD YEAR FOR THE
EVER-POPULAR PEACH



Standing on its merits as a dessert fruit, the peach has long been popular. Even before man began to keep historical tab on himself he was eating peaches fresh out of hand. And, later when he learned about preserving foods by drying and canning, he saw to it that some of each season's crop was put away so he could enjoy peach flavor the year round.

This year there's many a bite of melting goodness still in store for peach fanciers of the United States. For the best peach news of 1939 concerns the crop grown by the States supplying the market now and on through to early October. Altogether the crop this year is larger than usual, considerably bigger than last year's peach crop.

From this large selection the woman who "knows her peaches" should be able to find what she wants -- for table use now, to can, to pickle, or to make into preserves or butter. At this time of the year, freestone peaches are most popular for table use. They're preferred for home canning, too. But for pickling and for canning commercially, clingstones are ordinarily used.

Never pass snap judgment on peaches when looking them over to buy -- advise the expert fruit graders. A peach with a rosy blush may be a thing of beauty, but

it's not necessarily a ripe peach -- unless the background color has also changed from its original green to whitish or yellowish.

If the peaches aren't to be used immediately, they needn't be full ripe when they are bought. But they should be mature enough so that they will ripen. Test of this is also the "ground" color. If the green has started to "break" -- that is, turn whitish or yellowish -- the peach should ripen satisfactorily. If the background color is an unbroken green instead -- the peach may develop a pale color -- have a tough leathery flesh with little flavor -- and shrivel as it ripens.

Good peaches are also fairly firm. This is evident from the appearance of the fruit -- or from examining one or two of the lot. It's not good shopping etiquette to pinch every peach. Each pinch means another bruise.

Badly bruised peaches are wasteful to buy. The flesh underneath the bruise will be soft and discolored and must be thrown away. Although, ideally, peaches should have no bruises, most buyers learn to be broad-minded about a few minor ones. Overmature or soft peaches are wasteful to buy, too -- except for immediate eating. They bruise very easily and soon break down.

Watch closely for brown spots that may be the first sign of a peach decay that spreads like wildfire. Avoid peaches that have small skin punctures with gum oozing out. These punctures are circumstantial evidence that worms have been at work.

Put fully ripe peaches into the refrigerator at once. Leave those not quite ripe out at room temperature until they ripen. Wash and pare peaches only shortly before serving, because they darken as they stand with cut surface exposed to the air.

Many homemakers will take advantage of peaches plenty late in the season by putting up some for winter supply shelves. The best way to can peaches is to pack them in glass jars or tin cans after a short precooking -- then to process in a

boiling water bath. Peaches precooked and packed hot will need about 15 minutes of processing whether they're in pint or quart glass jars -- number 2 or 3 tin cans.

Simmering peach halves in sirup before packing them into the can will shrink the fruit so that it will fit more closely into containers. And it will help to prevent a brownish discoloration -- harmless but unpleasant looking -- that sometimes starts at the top of a jar of canned peaches and works its way down. The cooking destroys the enzyme that starts this discoloration before it has a chance to begin work. Cook in the sirup only 4 to 8 minutes -- but not until the peaches are soft.

Spicy peach pickles and hot meat dishes are congenial items on dinner or luncheon menus. Following is a recipe for pickled peaches.

Wash well 8 pounds of firm clingstone peaches. Remove the thin skin with a sharp knife and stick 2 cloves into each peach. Cook 2 quarts fresh cider vinegar, 8 two-ince pieces of stick cinnamon, and 4 pounds sugar together for 10 minutes -- or until the sirup is fairly thick. Add the peaches.

Cook the peaches gently until they're tender but not broken, and let them stand in the sirup overnight. In the morning drain the sirup from the peaches. Pack the fruit into sterilized jars. Boil the sirup rapidly until it's thick and pour over the peaches. Seal and store in a cool place. It will be several weeks before the pickled peaches have developed enough flavor to serve.

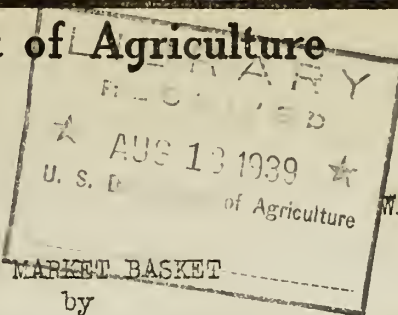
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INFORMATION FOR THE PRESS

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WASHINGTON, D.C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

COTTON IN THE KITCHEN

EDITORS PLEASE NOTE. With the dog days of August heavy upon us we are departing this week from the usual food news to discuss cotton in the kitchen--and call attention to the points about washable comfortable dresses for hot weather wear. Attention is called also to new developments in shrinkage control, color permanence, and even fire-proofing of fabrics made of our most abundant and inexpensive American grown textile fiber.

Probably nowhere on earth is the dynasty of King Cotton more securely established than it is in the American kitchen. Over and over it appears there--sometimes in almost unrecognizable form. It's part of oilcloth--the window shades--the cookbook bindings--even the floor covering. But most important of all, cotton makes up nearly all housedresses--reigns supreme among kitchen textiles.

Because cotton may be woven into cloths of many different constructions, it is suited to a variety of uses. Cotton fabrics are inexpensive, easy to launder, durable. And they are cool.

With kitchen temperatures approaching summer levels all year, coolness is a major requirement of any dress to be worn there. That cotton is satisfactory from this angle is shown by the trim cotton uniforms that have been adopted almost universally by dietitians--cooks--waitresses--others who spend their working hours in or about restaurant and institution kitchens, where the temperature usually borders on the torrid.

Easiest housedresses to wash and iron are, like these uniforms, cut simply. And they are made out of materials such as gingham, percale, chambray, seersucker, medium-weight broadcloth. These cottons do not need the starching that lighter weight materials require. Yet they are easier to iron than heavy cottons.

It is easier to keep a dress in condition, too, if there is no superfluous trim, such as ruffles and embroidery, that need special attention in the wash. Buttons, buckles, and slide fasteners should be durable as the dress material. Avoid belt buckles and buttons of fabric on a metal mold. These fall apart and wear through quickly. Avoid, also, buttons that melt or catch fire if they come in contact with a hot iron.

Pockets should be stitched flat, reinforced on the corners, set where they are not likely to be in the way. Frilly pockets and long sashes are kitchen hazards, because they are likely to catch on pan handles, door latches, cupboard knobs, handles or fixtures on the stove.

Housedresses should fit neatly—but not tightly. There needs to be room for action in the sleeves, and a little fullness across the shoulders. Many women prefer pleats to flares in the skirt. A conservative flare that starts about the level of the hips does not get in the way as much when there's stooping to do as does an extreme flare that starts from the waist.

Sometimes, however, these attractive dresses are never the same again after the first washing. Common laundry tragedies are colorful materials that fade—dresses that shrink so they no longer fit. Since neither colorfastness nor shrinkage can be judged at the time of buying readymade dresses or yard goods, some manufacturers today are testing their materials and putting such information on printed labels. On yard goods, these facts are often revealed by the fine print on the end of the bolt.

A label guaranteeing colorfastness should state exactly to what the color is fast. Cottons for housedresses should be colorfast to light, washing, and perspiration. The most dependable shrinkage guarantees are those that tell how much the dress or material will shrink in terms of percent. If this "residual shrinkage" is not over 1 or 2 percent, washing will not alter the fit enough to worry about.

For kitchen curtains, cotton is also a good material. Sometimes information concerning shrinkage and colorfastness of curtain materials, especially those for draperies, is printed on the selvage of yard goods. Cottons for curtains should be colorfast to light and to washing.

Because kitchen curtains must be taken down and washed often, it's convenient to have two pairs for every window. These should be styled simply--not interfere with ventilation. If the view is pleasant or the room dark, side draperies of cool-looking gingham, seersucker, muslin, or other medium-heavy cotton will be enough.

Some of the best dishtowel news of the past few years has been the introduction on the market of specially treated cotton dishtowels--which are lintless and which absorb water better than ordinary towels. By this treatment manufacturers have overcome the two main objections that homemakers have always had to cotton for toweling.

Of the cotton towels that have not had this treatment, generally the finer and softer the cloth, the easier and more quickly dishes may be dried with them.

Cotton fabrics catch fire easily. So sometimes it's a good idea to fireproof pot lifters, curtains near the stove, and ironing board covers. The following simple home fireproofing method has been worked out by the Federal Bureau of Agricultural Chemistry and Engineering.

Make a fireproofing solution by stirring into 2 quarts of hot water 3 ounces of boric acid and 7 ounces of borax. Stir this until the solution is clear. Or if powdered boric acid is used, mix it to a paste with a little water first so it will dissolve more readily.

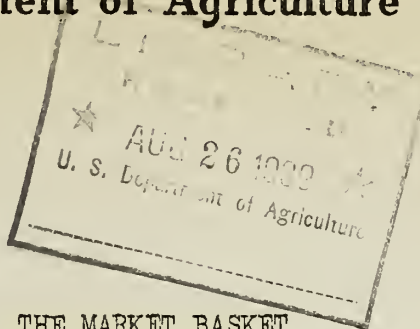
Then take the fabric to be fireproofed, which is clean and dry, and thoroughly saturate it in this solution. Squeeze it out--hang it to dry. Then iron it after it is practically dry. Do not try to iron the treated fabric while it still feels damp. Naturally this treatment must be repeated each time the fabric is washed. Incidentally, curtains treated this way will wear longer.

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WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

PEARS APLENTY

Centerpiece for a day -- that's about the average term of office of a bowlful of ripe, golden pears. For although this is the sultry time of year when, if ever, come days that even eating seems too much bother -- the most lackadaisical person usually will go out of his way for a pear. Thanks to the cooperation of nature, eating a pear comes close to being 100 percent enjoyment -- involving no physical exertion.

Thanks also to the cooperation of nature -- eating of pears like the eating of any fruit is more than a pleasant pastime.. Fruit is no longer considered a luxury; it is an investment in good nutrition.

Although nutritionists do not applaud the judgment of youngsters who climb trees to eat green apples, peaches, or pears -- they do sympathize with their craving for fruit. And they say that ripe fruit or a glass of fruit juice is suitable between-meal fare for many active, growing children. Naturally this between-meal bit should be served at the same time each day -- and discontinued if it spoils the appetite for the next regular meal.

When there's a moderate amount of money to spend for food, every member of the family should get on the average about five servings of fruits and vegetables



a day. For instance that would mean that a family of four made up of two moderately active adults, a boy 10, a girl 8, would eat a yearly total of nearly 3,000 pounds of fruits and vegetables. If there's more money to spend, not only is the family able to have a greater variety of fruits and vegetables -- but they also should get more servings of them a day.

Canny fruit shoppers make their money go further by applying one of the elementary principles of economics. They take advantage of seasonal big supplies, low prices. Right now they are finding pears in abundance on markets from Seattle to Savannah -- from San Diego to Maine.

In majority, as usual, are the Bartletts -- the familiar yellow pears about the size of apples. First Bartletts of the season come from California -- then from Oregon and Washington. These three States usually supply more than two-thirds of all the national commercial pear crop. New York and Michigan, the two big Eastern pear States, will soon be shipping in volume. And the country over, local orchards are now, or soon will be, supplementing shipped-in supplies.

The perfect pear for eating is soft but not mushy. At the base of the stem it yields readily to a slight pressure of the fingers. And, if it's a Bartlett, it's a deep straw yellow in color. Pears that have reached this state of perfection should be eaten right away or kept only a short time in the refrigerator.

Pears to avoid are those that are wilted or shriveled, because these lack flavor and are of generally poor quality. Another pear fault sometimes seen is "linb-rub" -- which the fruit gets when it is developing on the tree. This usually is a rough, discolored area on the surface of the fruit. Underneath the flesh may be hard and woody.

For salads and fruit cups -- pears are one of the best qualified of all

fruits. They have a bland flavor that goes well with more tart fruits. Their crisp texture makes them ideal with juicy fruits. And their pale color is an excellent foil for highly colored fruits. In return -- the colorful, juicy, tart fruits highlight the natural goodness of the pear. Acid fruits -- oranges, grapefruit, a bit of lemon juice -- also help to keep sliced pears from discoloring as they stand.

Cheese is a popular taste accent for pears. An inexpensive combination that must surely be in the salad hall of fame by this time is a bed of lettuce, plus half of a pear, plus grated sharp cheese, plus a well-seasoned dressing. Two good variations are Roquefort cheese thinned with cream -- or cream cheese flavored with chopped chives-- both put in the center of a scooped-out pear half.

Baked pears are a timely dessert for August or September. General pear baking directions are.-- wash the pears, cut them in half, core them, and put them in a baking dish. Sprinkle generously with sugar and a little salt. Dot with butter, add a very little water. Cover and bake in a moderate oven. As soon as the fruit is hot, take off the cover to cook the sirup down.

Of this basic recipe there are several interesting versions. Try a little honey for part of the sweetening. Cook cinnamon candies in the sirup -- for flavor and color. Add stick cinnamon or other spices. Serve the pears hot as they come out of the oven glistening in their spicy sirup. Or cool them -- serve with a garnish of whipped cream -- or a little cottage cheese or cream cheese.

The best way to can pears is to precook them 4 to 8 minutes -- then pack them hot in glass jars or tin cans and process them in boiling water bath. The precooking softens and shrinks the pears, makes them easier to pack into the jars as well as cuts down on processing time.

As a safeguard of pear appearance in canning, put the pared fruit into a solution of 2 tablespoons each of salt and vinegar to a gallon of water. If the pears have to stand long between the time they are pared and the time they are cooked, this will prevent the discoloration that otherwise would set in.

THE HISTORY OF THE
CITY OF BOSTON
FROM THE FIRST SETTLEMENT
TO THE PRESENT TIME
BY
JOSEPH NEALE
OF THE BARR

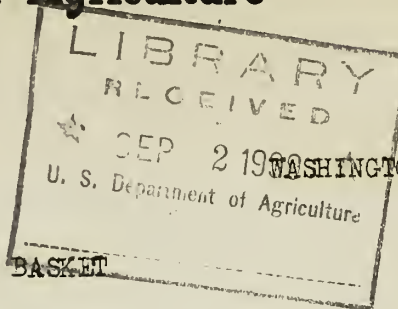
IN TWO VOLUMES.
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THE HISTORY OF THE
CITY OF BOSTON
FROM THE FIRST SETTLEMENT
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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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WAGING WAR ON KITCHEN INSECT PESTS

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EDITORS: At some time or other many a homemaker finds herself an unwilling hostess to delegations of hungry insects. For her benefit we are departing this week from the regular news of food itself -- and are outlining instead some tactics for routing the more common of the insect pests that come into the kitchen.

To Aesop, the ant may have been a worthy creature -- one to be admired for its frugality and industry. But neither ants nor any of the other insects are regarded so favorably by the homemaker who finds them exploring her well-ordered kitchen.

Well may she be disturbed about these trespassers -- not because they are any blot on her reputation as a good housekeeper -- but because they are annoying, destructive, and often carry disease. If she doesn't do something about them quickly, many of her unwelcome callers will soon be great-great-grandparents. With insects large families are the rule.

Since the only reason insects come into the kitchen is to find food, the women who discovers any of these six-legged invaders should first get all food out of their way. She should see that garbage is disposed of soon as possible -- that the lids on metal garbage cans inside the house and out are kept on, and that they fit tightly.

Next, she should launch an immediate offensive. Some weapons and maneuvers that have been found successful in waging war on the more common household insect pests are:

ANTS. The ideal way to get rid of these persistent insects is to find the colony where the queen and young ants are -- then destroy it. However, often either the colony cannot be found or it is inaccessible. Then it is necessary to resort to sprays -- ant powders -- poison baits.

In the meantime, until these take effect, one way to keep ants off tables, refrigerators, and other movable furniture is to set the legs of the furniture into shallow dishes with a little kerosene in them. Another is to wrap poison ant tapes around the furniture legs.

Sprays will seldom wipe out a colony, but they are useful for killing ants that come out into the open in large numbers. The ordinary kerosene-pyrethrum sprays on the market are excellent for killing ants that can actually be hit with the spray.

Both ant powder and poison baits should be used carefully so they don't get into food and so that children and pets do not get hold of them. Sodium fluoride powder, which is poisonous to man as well as ants, is a cheap and easily applied control for ants -- if the ants take to it. Sprinkle it about window sills, drainboards, foundations, and other places where ants crawl, but where it will not interfere with housekeeping operations.

But if the ants keep coming on in spite of this dusting of powder, try a poison bait. No one bait can be depended on to kill all kinds of ants. And it may be necessary to try several kinds before finding one that the ants like and will take back to the colony for food. Some ants like sweets -- others prefer greasy foods.

Put the bait in the places where the ants ordinarily come for food -- or along the line of march from colony to food -- moving it closer to the colony each day. As a safety measure, put the bait in perforated pill boxes that only the ants can get into. Or put it in a tin can pounded full of holes with the lid hammered on so tightly it can't come off. Saturate a piece of blotter with the poisonous sirups -- then put that in the can or the box.

There are three poison bait formulas that should be effective in killing the ants most common in kitchens. One is -- dissolve 4 ounces of sugar in 1 quart of water and stir in one-half ounce of tartar emetic. Another is dissolve one half pound of sugar in 1 pint of hot water and add 1/7 ounce of sodium arsenate. Bring to a slow boil and strain. And for ants that do not like sweets -- try working small quantities of tartar emetic into pieces of bacon rind or grease.

HOUSEFLIES. Household Insect Enemy Number One is the fly -- carrier of at least 30 different disease organisms. Probably of biggest help in keeping him away from the family's food are well-fitted screens on all doors and windows. Screen doors should open outward. Although a screen with 14 meshes to the linear inch is fine enough to keep out houseflies -- one with at least 16 meshes to the inch is better, because it keeps out smaller insects as well.

Home-made fly traps are a help in controlling flies that are swarming near the house waiting to come in. For flies that buzz around the kitchen door in numbers a spray of kerosene-pyrethrum mixture is effective. This spray may be used indoors, also. Close the room, atomize the spray into the air until there is a good floating mist. After half an hour, open the door, and air the room. All the flies there are will be dead or stupefied. Brush up the flies on the floor and burn them.



When flies are not so numerous a constant swatter campaign and the use of the various commercial fly poisons and papers will be sufficient to keep them under control. In late fall, although there may be fewer flies around than there have been all summer, there should be no let-up in the war on flies. These hangers-on are the ones that hibernate over winter and come out in the spring to lay eggs for the coming generations.

COCKROACHES. Cockroaches hide during the day -- come out to forage at night. Finding their hiding places is often the key to controlling them. To locate them, go into the room suddenly at night, watch to see where the roaches scurry.

The best all-round remedy is sodium fluoride powder, the same poisonous powder useful in destroying ants. Put this around in the evening with a duster or small bellows -- back of shelving, drainboards, into the hiding places. Leave it there for 2 or 3 days. Repeat the application after a week or two. Usually two or three thorough dustings will be enough.

Pyrethrum powder used in the same way is an alternative remedy. But if the cockroach doesn't get a good dose of this, he's likely to revive after a couple of hours. Then, unless he's swept up and destroyed, he'll crawl back to his hiding place to recuperate. However, pyrethrum powder is not poisonous to man. If used it should be fresh, and finely ground. It loses its strength rather soon. Sodium fluoride remains effective as long as it doesn't cake over.

Kerosene-pyrethrum sprays are effective if they hit the roach. But since cockroaches are notably fast on their feet, these must be sprayed into the hiding places to do much good.

Phosphorus pastes that may be bought at drug stores are useful -- especially in damp places. A convenient way to put this around is to spread some on a

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piece of flexible cardboard--roll this up with the paste on the inside--fasten with a string or a rubber band. These may be put about at strategic points without soiling anything.

After the cockroaches have been overpowered, watch closely to see that others don't follow them into the house. Examine all food supplies and laundry that come in. If any roaches are hiding about the clothing--or among the packages of food, kill them, then patronize roach-free establishments.

Another effective aid, especially if roaches are coming into the room from adjoining apartments, is to fill cracks with putty--plastic wood--or plaster of paris. Fill all the cracks about water and steam pipes that pass through floors, cracks leading to spaces behind baseboards, door and window trim, and any others that the cockroaches may use as avenues of escape.

PESTS OF THE PANTRY. In the pantry or food cupboard, various beetles and moths may do damage. The saw-tooth grain beetle, numerous flour beetles, the Indian meal moth, the drug store beetle, and the cigarette beetle are only a few of the offenders. They infest cereals and cereal products, dried fruits, nut meats and spices, especially when these have been kept on the shelves for several months, and untouched during the summer months.

When any stray beetles are found about, examine all stores of food. Some place there is an infested supply. Take this outdoors and destroy it. Then examine other supplies carefully. Those that are only slightly infested may be salvaged by sifting them--spreading them in a thin layer in a baking pan--heating them thoroughly in the oven at a temperature of from 125° to 130° F. Put them into tin cans tightly covered, or in unbroken paper sacks with the tops folded back.

While this supply inventory is going on and everything is off the shelves--wash the shelves thoroughly giving special attention to cracks. If there are many beetles out free-lancing, use a little kerosene or boiling water to kill the ones that may be in the cracks back of the shelves.

BEAN AND PEA WEEVILS. Gardeners who put away for winter eating, beans or peas grown during the summer are sometimes unpleasantly surprised to find these legumes full of holes and unfit to eat after a few months of storage. To guard against this damage by weevils, heat the beans and peas before storing them. Spread in a thin layer in a baking pan. Heat in the oven just long enough to raise their temperature to about 130° F.

The first part of the paper discusses the importance of the study and the objectives of the research. It also mentions the scope of the study and the limitations. The second part of the paper discusses the methodology used in the study. It mentions the data sources and the statistical methods used. The third part of the paper discusses the results of the study. It mentions the findings and the conclusions. The fourth part of the paper discusses the implications of the study. It mentions the policy implications and the future research. The fifth part of the paper discusses the conclusion of the study. It mentions the overall findings and the recommendations.